

## Health and Physical Readiness

In order to ensure combat readiness and personal effectiveness, NWC follows a Health and Physical Readiness Program (HPRP). Military personnel assigned to NWC are susceptible to the effects of sedentary living, excessive caloric intake, and lack of proper exercise. Accordingly, all military students will develop individual fitness programs to meet service standards.

OPNAVINST 6110.1 provides guidance for Navy students and explains the Navy HPRP. Navy Students are expected to establish a fitness program early and meet minimum HPRP standards twice during the academic year, normally October and May. HPRP results are a required entry in detaching fitness reports. Other service students will abide by their individual service instructions.

Time at the Naval War College affords each student a valuable opportunity to assess their personal health readiness as they prepare themselves mentally and physically for the next part of their career. In support of health and physical readiness goals, the NWC President has established a Health Risk Assessment Program. Shortly after reporting, as part of the indoctrination week events, each student will be given a questionnaire and have blood drawn. This information will form the basis for a personalized health assessment that is intended to apprise students of key indicators of risk and assist them in tailoring a personal physical program.

## Smoking

Smoking is not permitted inside any buildings or in outside common use areas such as parking garages and building entry ways/egresses.

Smoking is permitted only in the following areas:

- (1) Patio with overhanging roof outside the west end of Spruance Hall Lobby.
- (2) Outside and parallel to the west wall of Conolly Hall parking level P1.
- (3) Under the enclosed walkway connecting Mahan and Pringle Halls.
- (4) The median strip opposite the main entrance to Sims Hall.
- (5) Other outside areas at least 50 feet from all NWC buildings.

## Extracurricular Activities